

In a “Nutshell” After School Snacks

Meal Pattern Requirements for National School Lunch Program’s Afterschool Snack Program

Food Based Menu Planning (FBMP) required

- Age groups: 1-2 years, 3-5 years, 6-12 years*
- *USDA recommends larger portions for older children ages 13-18 years based on their greater food energy requirements



***All snacks MUST include two full components from those listed
Students must select both full servings of both components to be claimed***

Components

Milk

- Fluid low-fat (unflavored) or fat-free (flavored or unflavored) milk must be offered. A variety of milk is not required

Fruit/Vegetable

- $\frac{3}{4}$ cup serving size for fruit or vegetable for ages 6 years and older
- $\frac{1}{2}$ cup serving size for fruit or vegetable for ages 1-5 years
 - An equivalent quantity of any combination
 - Juice must be full strength (100 percent)
- Juice may not be served when milk is the only other snack component

Grains

- Serving sizes from $\frac{1}{4}$ - $\frac{1}{2}$ cup for cereals pasta or 1 slice or serving for bread type grains depending on age group
- Bread, cornbread, biscuits, rolls, muffins, must be made with whole-grain or enriched flour
- Cereal must be whole-grain or enriched and fortified
- The new ounce equivalency standards should be used (16 gm = 1 oz eq).
 - Reference: Updated Exhibit A (http://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/exa_fbg.pdf).

Meat/Meat Alternate (M/MA)

- Serving size based on age
- Lean meat, poultry, fish, cheese, or alternate approved protein products $\frac{1}{2}$ - 1 oz
- Eggs $\frac{1}{2}$ - 1 large egg
- Cooked dry beans or peas $\frac{1}{8}$ - $\frac{1}{4}$ cup
- Peanut butter or other nut or seed butters 1 - 2 Tablespoon
- Peanuts or soy nuts or tree nuts or seeds $\frac{1}{2}$ - 1 oz
- Yogurt, plain or sweetened, and flavored $\frac{1}{4}$ - $\frac{1}{2}$ cup

Production Record Template: http://dpi.wi.gov/sites/default/files/imce/school-nutrition/doc/assnacks_prorec_13.doc